

CONNECTION BETWEEN THE INCARNATORY PROCESSES AND THE LIFE TASK

Quotes from Pathwork Lecture #216

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Lack of awareness creates fear: Creation is the attempt of divine reality to fill the void with life and being. Fragmented consciousness is a result of the total consciousness spreading and filling every nook and cranny of "space." The human structure itself represents this picture very well. Inwardly, deep inside your nucleus is an unending essence. This essence is eternal life, eternal reality, eternal beauty, limitless wisdom and love, but your outer consciousness is not knowingly connected with it. Although it is connected with the essence, your outer consciousness ignores this fact and seems to be disconnected from it. You seem to be an isolated "piece of consciousness;" this is what makes life appear so frightening. Therefore your outer consciousness is groping, is blind. It must seek its way back to its connection with the total self. Awareness must be gained in the outer consciousness of this connection because this connection was really never broken. It only seemed broken from the vantage point of the limited outer consciousness.

Change possible over lifetimes or instants: Now, it is the task of every fragmented, apparently disconnected aspect of consciousness to realize its true identity and connection with the real self. This happens through an often laborious groping, searching, and attempts of the mind to expand its own narrow limitations. The mind holds this potential of expansion, for even in its disconnected state it contains every aspect of divine reality. It only depends on which way it turns, which way the will directs it, which thought it chooses in any given instant.

Personalities = fragmented, isolated aspects of consciousness: These fragmented aspects of consciousness, of divine light which seem to have lost their connection float around in space. These aspects become personalities. These personalities develop problems because of the apparent disconnection. The word problem is in accord with today's vocabulary.... In different periods of history different words were used, like sinfulness, for example. Whatever word you choose, the fragmented aspect of consciousness needs purification on many levels such as feelings, understanding, knowledge. It needs to spread its awareness to its full capacity. Spreading means to realize that the connection exists, has always existed, and will always exist.... A total entity, a complete entity is one who is completely aware of its divine nature, who is in total possession of divine wisdom and energy. You are all total entities, but your manifest consciousness with which you identify is an aspect that your total entity, your total being, seeks to reunite with. This can happen only when this fragmented aspect of your manifest consciousness makes itself compatible with the nature of the total consciousness.

The great plan of salvation: Life, in its broader sense, is very much concerned with the process of spreading divine consciousness and reuniting with apparently disconnected aspects. That process is often called the divine plan or the evolutionary plan or the plan of salvation. Each reunification movement back to the source follows a spreading out process so that the unified substance has meanwhile become enlarged. Just visualize it: spreading out and coming back to the source, spreading out and coming back, each time making the unified substance wider, extending it forever more. That is...the great plan.

Material life = low vibration and rigidity: When you are not embodied, when you are aware of your total being, you are also aware of those aspects in you that have remained untended and need healing and purification. It can also be said that a process of re-education is needed in which new -- in actuality very old -- knowledge is to be gained. Now, in order to follow through the process of spreading, on the one hand, and reunification, on the other, the aspect to be purified is, for lack of a better word, "sent out," as it were, into a realm of consciousness that is commensurate with its own state. And that is the material level of life, as you know it in your conscious being. This realm of existence is the expression of the limited state of consciousness of the disconnected aspect -- the personality -- and in this more ignorant and less aware state, all vibratory functions of life are grossly slowed down. The flow of energy rigidifies

and makes things and people fixed. The flow becomes invisible. The same with the entity itself. It is invisible and only the grossly condensed form of its essence appears as the sole reality.

A unique plan of development for every divine being: The combinations vary, the degree of development varies, but there are basic components applicable to the divine substance with all its myriad variations, as well as to its distorted version. In other words, one purified being may be totally different from another purified being, each representing a different aspect of divinity. Yet there are unalterable basic common denominators such as love, wisdom, beauty, etc. The same principle holds true in regard to the unpurified personality. Thus, each entity makes different dispositions. It deals differently with the fragmented aspect that needs to be refined. The incarnations are being figured out by the total entity in conjunction with specialized, highly developed beings. The plans are carefully drawn.

The life task is always focused upon undeveloped aspects: What happens in the body has one common denominator for all: to find the reunification with essence. No matter how different the tasks may be, according to necessity this goal remains the same for all. Reunification with the essence can occur where the entity is already purified, but that is not where the task is, of course. The task lies always where the personality is still separate from the essence. It is then up to the conscious mind to decide whether or not it will use the already purified aspects to help the unpurified part in the task fulfillment. This decision must be made by the conscious ego. The higher self will not and cannot force it upon the conscious mind. This would be against all spiritual law. The task is not being fulfilled if all emphasis is put on the already existing and functioning connection with the divine self, without focusing it on the problem aspects, on the blind spots.

Fearlessness = ultimate development: ...there are people who have a deep misconception and distortion ...that if they really resolve their problems and eliminate their darkness and thus become happy and fulfilled, then they must die. Your awareness of and your connection with the inner, real self will make life glorious, and so death will be experienced as glorious. That state of consciousness will make life fearless because there is nothing to fear in dying. Such fearlessness is the ultimate development of each human soul. That is the goal you are trying to reach.

I want to draw your attention to another important point that often leads to misunderstandings. Total fulfillment of the life task is not necessarily contingent on higher states of development. It does not always follow. It is very possible that a fragmentary personality aspect embodied in a physical vehicle is not highly developed at all. Nevertheless this personality fulfills its task completely. The task is of course less taxing and commensurate with the possibilities of such a human individual. At the same time, the fact that it is "easier" only holds true relatively in that this task is just as difficult for this particular individual as the much more taxing task is for a higher developed person. The gauge with which to measure the completion of the task is inner peace and fearlessness and organic living and dying.

The first step: Anyone who is on a path such as this and who makes a total commitment to truth, to self-facing, to self-purification, to giving up all defenses and all subterfuges in order to face that which seems most difficult and momentarily painful; anyone who chooses to forego the temptation to concentrate on the real or apparent wrong of others so as to avoid the self, and who is thus committed to his growth above and beyond all other considerations in his life, will and must make the connection that will then also bring all outer and inner fulfillment.... First the disconnected, conscious mind must make a deliberate effort and be ready for other possibilities. The conscious mind, as it is now available to you, contains possibilities to widen its scope to see more; to think in different ways; to expand its present limited circumference. This is its task.

Connection Between the Incarnatory Process And the Life Task

Pathwork Lecture 216

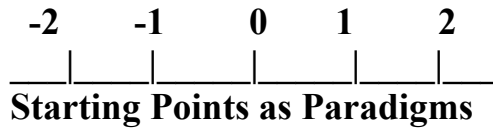
Quotes © 1999 The Pathwork Foundation

Charts prepared by Jan Rigsby

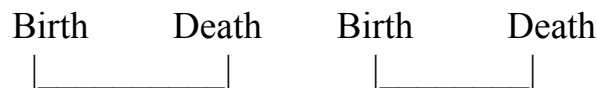
Further handouts available at www.janrigsby.com

Incarnation *Dictionary definitions:*

1. Act of / condition of incarnating
2. (Christianity) Doctrine that the son of God is both true man and true God
3. A bodily manifestation of a supernatural being
4. One who is believed to personify a given abstract quality or idea
5. A period of time passed in a given bodily form or condition



Human Perception:



Incarnatory Process



The fulfillment of the task of the foregoing life is reflected in the manner of death.

Human Limitations:

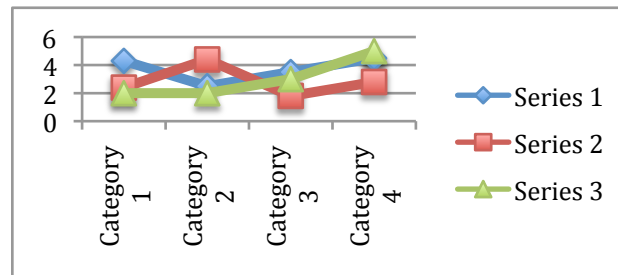
Fragmented consciousness

Loss of memory

(yet inner longing remains)

Operating in 5 dimensions

(vs #s available in spirit plane)



(Chart as suggestion of how we might see or want to see our inner spiritual lives – as something we can define and understand clearly)

Result:

Dualistic thought processes

i.e., Good/bad, Right/wrong

Reliance upon linear / rational

Our Life Task:

The aspect to be purified is “sent out” into a realm of consciousness that is commensurate with it’s own state.

An incarnation is thus chosen in order to fulfill specific tasks

The task lies always where the personality is still separate from the essence.

When the inner being permeates the outer personality, the task will be fulfilled.

Indications that the Life Task is not being fulfilled:

Vague Longing
Discontent that cannot be placed
Anxiety
Neurosis

In reality, neurosis is being produced as a result of not establishing the connection with the inner self, as a result of not fulfilling the contract the soul has come to carry out.

Inner Being may decide to die / exit if

Outer personality...

1. Stubbornly refuses
 - a. Influx of divine inner consciousness
 - b. Guidance
 - c. Signs
2. Follows path of least resistance
and rationalizes it
3. Moves away from any possibility
of fulfilling the life task

Inner Decision for Death

When a new direction or spiral form is impossible to establish, the Inner Being may make a decision for death.

Death would not be organic if

1. Conscious mind is completely disconnected from inner will
2. Outer Personality is totally unaware of the decision of the inner self

Outer personality would experience death as difficult or painful, and senseless or arbitrary.

The fluid system of the energy body carries this plan within itself. It is always visible, available, recognizable. There are no secrets about it.

Outer Personality may decide to die / exit if

1. Undeveloped aspects have created trouble, struggle, resistance
2. Does not wish to continue
3. Ignores / does not feel favorable direction (which does not necessarily mean pleasant direction)
4. Enmeshed with problems
5. Larger view blurred
6. Strengthens imaginary separation from all that has meaning and that is good
7. Unwilling to move although it could move, has every possibility of moving
8. General mood becomes hopeless without real cause
9. Struggles are aggrandized so as not to 'give in' or look for new approaches
9. Life is willfully destroyed as worst impulses are acted. Struggle may continue for decades or lead to suicide

To the degree that the bridge between inner and outer, the future incarnation is that much more difficult due to the separated consciousness

Future Incarnations

Stage set as a result of the life plan of the last incarnation

Plan is the result of the former life and death processes and simultaneously sets stage for the birth process

Signs of a Truly Fulfilled Life:

1. Difficulties are increasingly treated as stepping stones, doors to yet new liberation, and finally cease to be experienced as difficulties
2. Inner and Outer being are in full concordance about everything, including the time and manner of severing the ties with the physical vehicle
3. The gauge with which to measure completion of the life task is:
 - Inner Peace
 - Fearlessness
 - Organic Living and Dying